

	Support A-3		Hoopla B-1		Champs C-1
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Cpl. Rick Nelson

Marines assigned to Mobile Assault Platoon, Charlie Company, 1st Battalion, 3rd Marine Regiment, patrol the city of Haqlaniyah during a mounted patrol June 12.

# Charlie Company conducts mounted patrols in Iraq

**Cpl. Rick Nelson**  
*2nd Marine Division*

**HAQLANIYAH, Iraq** — Marines assigned to Charlie Company, 1st Battalion, 3rd Marine Regiment, Regimental Combat Team 2, continue to conduct operations throughout Haqlaniyah with ongoing mounted patrols throughout the city.

“Our mission is to keep the main service routes clear and stop locals from smuggling weapons and [improvised explosive device] making material (into the city),” said Sgt. James C. Faraci, platoon sergeant, Mobile Assault Platoon, Charlie Company, 1/3. “We also provide security for dismounted patrols, re-supply check-

points and do IED sweeps.”

Faraci describes his platoon as the “jack of all trades.”

“When we first got here there weren't many people in the streets, now they're everywhere, and a lot of the shops are opening back up,” said Faraci, from Brooklyn, N.Y. “I think we make it a lot safer for them to move about as they please. The biggest thing is the constant patrols; they are helping out a ton.”

Navy Petty Officer 2nd Class Jonathan E. Knotts, corpsman, MAP, Charlie Company, 1/3, said the dismounted patrols help keep the enemy from running free throughout the city.

“They know we're here, which gives the insurgents a lot less room for

maneuverability,” said Knotts, from Fort Collins, Colo.

At any given time Charlie Company will have a mounted unit patrolling in Haqlaniyah, Faraci said.

“We usually do (several) patrols a day,” said the 27-year-old Faraci. “So we're outside the wire a lot.”

Faraci said the biggest threats for his Marines are the IED's in the area.

“We've been lucky so far with the IED's,” he said. “But now we have to worry a lot more about grenades being thrown in the turret and [rocket-propelled grenades] being used.”

Although threats in the city remain, Faraci said Haqlaniyah has changed a lot since their arrival in late March.

“When we first got here and I went on my first patrol, I was really knit picky and all I wanted to do was get to know the area to see who's supposed to be there and who's not supposed to be there,” Faraci said. “Now that I know the area I'm still very cautious, but the Marines can just tell if something's not right. If the people shy away and won't talk to us, then we know someone who isn't supposed to be there is around.”

Knotts said he's pleased at the rate the deployment is going so far, but it isn't what he expected.

“I was a little unsure, not knowing what I was getting into,” Knotts said.

See PATROLS, A-5

# Control tower chief pieces together airshow

**Christine Cabalo**  
*Photojournalist*

Bob Farrow solves puzzles for a living as a control tower chief.

“It's never the same,” said Farrow, about working in air traffic control. “It's different every day, no matter what we do. It's an ever-changing puzzle.”

It's Farrow's job to ensure none of the puzzle pieces he works with, aircraft and other nearby vehicles, get lost or broken. He said he loves directing planes because it's a 3-D puzzle involving vehicles moving at different times, speeds and altitudes.

It's a skill Chief Warrant Officer Pete O'Hare notices whenever they work together. O'Hare, airshow director, 2007 Blues on the Bay, said the retired chief petty officer has a talent for seeing the big picture and its smaller details. It's the reason why Farrow was air boss for the event in 2004, he said.

“My job is choreographing and scripting the show,” said the control tower chief. “Some people describe it as almost producing a stage play, only on a much larger stage.”

Working now as a civilian, Farrow first began working in air traffic control in 1983 when he switched rates from an aviation electrician's mate. The Oct. 14 event will be the tenth airshow he's participated in since his first one in 1988 at Naval Air Station

See AIRSHOW, A-5

# James Bradley takes part in saluting Hawaii Veterans

**Lance Cpl. Regina A. Ruisi**  
*Combat Correspondent*

Camera crews filmed the opening introduction for a military documentary at the Pacific War Memorial here July 11. James Bradley, author of “Flags of our Fathers” and “Flyboys,” rehearsed and filmed his lines in front of the cameras.

The author, who lives in Waikiki, was asked to be part of the project, a documentary for the Library of Congress being made by the Hawaii Veterans. The documentary is about veterans of American wars who've been stationed at Hawaii bases. It features interviews with Hawaii veterans of every war since World War II.

“Hawaii is so rich with military history,” said Kathleen R. Larson, the project's organizer. “There are no World War I vets left in Hawaii. Their stories are gone to get on a first hand basis, and the others are slowly passing away. We need to capture their stories before they're gone. We've been getting as many interviews with veterans as possible.”

Larson, who tackled the project head on, invited Bradley to become part of the project. Bradley agreed to do an introduction and close out the documentary at the Pacific War Memorial here. The statue is a true testimony to Bradley and to Hawaii veterans. Petty Officer 2nd Class John Bradley, Bradley's

See BRADLEY, A-4



Lance Cpl. Chadwick deBree

James Bradley, author of “Flyboys” and “Flags of Our Fathers,” points out the picture taken by Joe Rosenthal of his father and five Marines raising the flag on Iwo Jima. Bradley was on base July 11 at the Pacific War Memorial to film the introduction and closing to a new documentary about Hawaii veterans.



— NEWS BRIEFS —

Utilities and Energy Conservation Policy

Marine Corps Base Hawaii Base Order 11300.13, Utilities and Energy Conservation policy, restricts irrigation watering hours to the hours of 6 to 8 a.m. and 6 to 8 p.m., Monday and Thursday for Kaneohe Bay and Camp Smith, and Monday, Wednesday and Fridays for Puuloa and Manana. Additionally, automatic sprinkler systems are to be equipped with a rain gauge and limited to operation during non-daylight hours.

Recruiter Screening Team Visit

The Headquarters Marine Corps Recruiter Screening Team is scheduled to visit the base to screen Marines July 30 and 31.

All corporals, sergeants, staff sergeants and gunnery sergeants need to contact their unit Career Retention Specialist and find out if they are on the list to be screened by the HRST.

The HRST will provide a brief July 30 at 8 a.m. The briefing is mandatory for all Marines that are on the list to be screened. Spouses are highly encouraged to attend.

Interactive Customer Evaluation

The Interactive Customer Evaluation is providing customers with a convenient and efficient method to express opinions to service providers and receive feedback. The services will also be available to obtain varied information on varied services throughout Marine Corps Base Hawaii.

We want to know how MCBH services are doing at: <http://ice.disa.mil>. Click on the Marine Corps and Pacific, which lead you to the MCBH community and Marine Corps Base Kaneohe Bay

For questions, contact the MCBH ICE Site Manager at 257-1283.

CLICK IT or TICKET

*Hawaii Marine* urges its readers to buckle up. It's an easy habit to learn that some day may save your life and the life of your passenger(s). Remember, each and every time you get into your vehicle, reach for your seatbelt. Make it one of those good habits that you won't want to break.

Weekly Legal Brief

Weekly brief to aid Marines, Sailors and civilian personnel on Wills and Powers of Attorney will be held at the Legal Services Center, Legal Assistance Office, Wednesdays at 10 a.m. Included are some important tips on Wills and Powers of Attorney.

Hawaii Marine Accepts Letters

*Hawaii Marine* invites its readers to e-mail its editor at [editor@hawaiimarine.com](mailto:editor@hawaiimarine.com) with their comments and letters.

All submissions will be edited for clarity and length. Comments must be signed with a full name, and a telephone number must be provided.

*Hawaii Marine* also accepts news briefs containing relevant information pertaining to Marine Corps Base Hawaii.

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On-Base Emergencies	911
Military Police	257-7114
Child Protective Service	832-5300
Fraud, Waste, Abuse & EEO	257-8852
Business Management Hotline	257-3188
Pothole & Streetlight Repair	257-2380
Base Information	449-7110
MCBH Duty Chaplain	257-7700
DEERS	257-2077

# Hawaii MARINE

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**HAWAII MARINE, BOX 63062, BUILDING 216,  
MCB HAWAII, KANEOHE BAY, HAWAII 96863  
E-MAIL: [EDITOR@HAWAIIIMARINE.COM](mailto:EDITOR@HAWAIIIMARINE.COM)  
FAX: 257-2511, PHONE: 257-8836**

# Life’s little sticky situations



**Lance Cpl. Regina A. Ruisi**  
*Combat Correspondent*

Is it just me, or does it seem to be human nature to put ourselves in the most difficult situations, hate ourselves for getting ourselves there, but continue, time after time, to get ourselves there? Those situations where we know we’re going to make our parents angry or get our best friends in trouble or break our own hearts.

It’s like we stand on the edge of a cliff, look down, say “dang, that’s going to hurt (just like it did last time)” and jump anyway. Sure, we feel that nervousness in our stomach as we’re looking down, sure we feel that

wind in our face and the adrenaline rush as we plummet to the ground, but is that all worth the eventual crash and burn?

And we do it over and over again. It’s not like we touched the hot stove once, burnt our hand and learned our lesson. Oh no, we consistently go back for more. Gluttons for punishment. Or is it insanity? Isn’t insanity the right word for doing the same thing over and over again and expecting a different outcome every time?

Everyone wants a drama-free life. I know I’d sell my soul for one day when I wake up in the morning and make it through the day without one problem, without one worry, without missing someone or hating someone or hurting someone. I just want to put my head down on the pillow at the end of the day and have everything be okay ... just once.

Don’t get me wrong, life’s not this horrible mess, but it seems like every day has some form of mini tragedy that needs to be dealt with, be it a fight with my best friend over something stupid or being given a last minute story and the “Ruisi, we need this in half an hour, make it happen.” These mini tragedies make me stressed out for however long they’re going on for, and once they’re done, they’re done. Life would be so much simpler without them.

Maybe life isn’t supposed to be like that though. Maybe life isn’t supposed to be simple. I mean, the way I think about it is like this: if I had everything I wanted, I’d never be happy. If I had all the money in the world, I’d have nothing to work for. What

would be worth having if I didn’t have to earn it?

I guess the drama in life is what makes it living, not just existing. Don’t those little, unpleasant times make the good times so much more worthwhile? It’s those “Man, work sucked today” days that make home seem happier, or the argument with your roommate makes work more enjoyable.

So, be it boredom or being masochistic or being insane, life is never dull. Every day has its little pit falls just as every body of water, no matter how calm, has its ripples. And sure, we’re all allotted our days to just be overdramatic and pessimistic, to be hurt and shut off and spiteful, but it’s how we bounce back from these days that makes us the person we are.

I refuse to let an everyday, mini tragedy be the thing that breaks me. I refuse to let a run-of-the-mill broken heart or a blow out argument with my best friend be the things that get me down. Because, in all honesty, is it really that bad? When the day gets to that point of no return, that point of “oh dear Lord, please let this day be over,” colors plays, the sun sets and your head hits the pillow.

The sun always rises on a new day, and the day before is gone, and with it went every mini tragedy. Each day brings its own drama, but that’s what living is all about, right?

In the words of Paul McCartney, “it’s getting better all the time.”

In the words of John Lennon, “it can’t get no worse.”

# Marines help school paint way to success

**Lance Cpl. Chadwick deBree**  
*Press Chief*

Marines made a trip to Waikiki Elementary School Monday to help the school remodel before the new school year begins.

Three Marines assigned to Regimental Schools volunteered to help assist the school in remodeling and reorganizing the school.

“My wife is a teacher here and I’ve been coming here helping out the children for over two years now,” said Sgt. Robert D. Fischer, chief instructor, Martial Arts Instructor Course, Regimental Schools. “I like coming here and hanging out with the kids and helping them out with their homework. It’s a great feeling helping them out.”

One project the Marines encountered while helping out was turning a supply room into a classroom for next year’s kindergarten class.

“This room was in pretty bad shape,” said Staci Fong, kindergarten teacher. “This room was really dingy and dark, and it was a supply room. I’ve been working here for ten years and within that time this room has always been a supply closet, now this room is bright and fresh like it should be.”

Along with repainting a new classroom, the Marines also repainted approximately 15 bookshelves for different classrooms that had begun to turn brown and look old, Fischer said.

The Marines sanded down the shelves and applied two to three coats of paint to make them look new again, said Fischer.

“It took us about twelve hours to repaint the bookshelves,” the 24-year-old from Bradenton, Fla. said. “These bookshelves will be distributed throughout the classrooms in the school. They look a lot better now than they did before we fixed them, they look somewhat new again.”

While volunteering to help the school, the Marines will earn volunteer hours that will help them achieve their second-degree black belt in the Marine Corps Martial Arts Program, but Fischer said it isn’t about advancing in his belt that matters.

“I’ve been doing this before I even could level up in degrees,” he said. “I really do enjoy coming over here and helping out as much as I can. It’s an awesome feeling to help kids out. Since my wife works here I get to kind of get to watch these kids grow up, and it’s like that big brother feeling knowing that you helped them out. That’s why I do it.”

Without the help of the Marines, Fong said the new classroom would never be done as quickly and as good.

“I am internally grateful for them sacrificing their time to help us



**Sergeant Jason D. Bennett, martial arts instructor trainer, Regimental Schools, grabs a sponge to prepare to wipe down the lights in a classroom at Waikiki Elementary School Monday. The Marines helped repaint a room and bookshelves for the school. The hours that the Marines volunteered will help them earn a second degree in the Martial Arts Program.**

out,” she said. “I was ecstatic when I found out that they would help us out, and without their help this room wouldn’t look as new and fresh like it should. I wouldn’t be able to do it by myself, and that’s why I’m forever grateful for them helping out.”

## Weekend weather outlook

### Today



**Day** — Scattered showers. Partly cloudy, with a high near 83. East wind around 14 mph. Chance of precipitation is 30 percent.

**Night** — Scattered showers. Partly cloudy, with a low around 75. East wind around 13 mph. Chance of precipitation is 50 percent.

**High — 83**

**Low — 75**

### Saturday



**Day** — Scattered showers. Partly cloudy, with a high near 83. Breezy, with a east wind around 20 mph. Chance of precipitation is 50 percent.

**Night** — Scattered showers. Partly cloudy, with a low around 76. East wind around 15 mph. Chance of precipitation is 50 percent.

**High — 83**

**Low — 76**

### Sunday



**Day** — Scattered showers. Partly cloudy, with a high near 84. East wind around 14 mph. Chance of precipitation is 30 percent.

**Night** — Scattered showers. Partly cloudy, with a low around 76. East wind around 10 mph. Chance of precipitation is 40 percent.

**High — 84**

**Low — 76**





Richard Saltzman

A crane lifts a modular armory to its final destination.



Denise Emsley

Naval Facilities Engineering Command Hawaii employees ensure the pumped concrete is placed correctly.

# Navy assists Marines with installation

NAVFAC Hawaii helps its supported command - Marine Corps Base Hawaii

**Compiled by**

Naval Facilities Engineering Command Hawaii

Marine Corps equipment, weapons, and other assets are increasing because of the Global War on Terrorism. And while a military construction project for a new armory has been included in the fiscal year 2010 budget, the Marines here contacted Naval Facilities Engineering Command Hawaii to install four modular armories as an interim solution for more armory space.

"These modular armories are a first for Marine Corps Base Hawaii," said Master Sergeant Robert Busto, 3rd Marine Regiment ordnance chief. "The main advantage is their portability, although these units are not planned to be shipped out with any future troop movement at this point in time. They were specifically procured as a short term solution for a future project."

The job got underway in May and was completed with the installation of the modular armories on June 14. NAVFAC Hawaii crewmembers began by removing a 140-foot chain link fence and light pole at the new armory location. Workers constructing a 1,700 square foot concrete pad and providing necessary electrical hookups followed closely behind.

"The concrete pour went very well," said Jonathan Liu, NAVFAC Hawaii project manager. "I had 10 employees whose job it was to make sure the finished slab was

super flat, within 1/8-inch deflection."

The finishing work was critical for the modular armories to be correctly placed.

"Once modular armories arrived on island, they were transported to MCBH and craned into position. NAVFAC Hawaii's crane and rigging shop used a 55-ton crane that is able to lift up to 110,000 pounds," Liu said.

The Marines asked for NAVFAC Hawaii's help because most of their own crane operators are in Afghanistan and Iraq.

"I had three riggers and one crane operator to execute this job," said Dan McMoore, NAVFAC Hawaii crane operator supervisor. "It's not the first lift of this type for us, but it's a complex lift just the same, because of the weight of the modular armories and the environment in which the crane will need to operate."

The prefabricated modular armories meet Department of Defense physical security standards for storage of security risk items and can be built to virtually any size up to 44 feet by 27 feet by 10 feet. In this case, there are three small 20 feet by 10 feet units and one 40 feet by 24 feet.

They're equipped with lights, climate control capability such as heating, ventilating, or air conditioning, a local area computer network, communications, dehumidifiers, sprinklers and an intrusion detection system. The armory modules were also outfitted with weapons racks, equipment cabinets, ammunition safes, and workbenches before delivery.

Once the armories were in place, NAVFAC Hawaii electricians installed piping and panel boards providing them with electricity. Masons planted the light pole and welders installed approximately 200 ft. of security chain link fence. Costs for this project include both the infrastructure work of \$198,000 and the modular armory costs of approximately \$380,000.



Richard Saltzman

Workers apply body English to nudge one of the suspended modular armories onto its exact location at the concrete slab.



A NAVFAC Hawaii work crewmember pulls a 2 inch by 4 inch screed board to adjust height of the placed concrete. The screed board is resting on a screed guide.

Denise Emsley



Denise Emsley

NAVFAC Hawaii workers provide critical finishing work for the concrete slab with a trowel to obtain a smooth finish.



# Marines give light to fight against cancer

Story and Photos by  
**Lance Cpl. Chadwick deBree**  
*Press Chief*

Approximately 20 Marines helped set up and keep the American Cancer Society's Relay for Life running all night Saturday, at Kailua Beach Park.

Marines from Headquarters Battalion helped set up tables and chairs while Combat Service Support Group 3 provided power.

"I received an e-mail asking for assistance and volunteers," said Sgt. Rex Gonzalez, Headquarters Battalion volunteer coordinator. "The same day that I sent the e-mail around looking for people to volunteer I got like 15 responses back when we only needed 10."

Gonzalez said he volunteers for any event that is sent his way in order to set an example for the junior Marines.

"I actually got a pretty good turnout," he said. "I'm really impressed that most of the volunteers I got to help were a bunch of (private first classes) and (lance corporals). I was surprised to see that much unselfishness to give up their Saturday to volunteer. I'm impressed."

As the Marines from Headquarters Battalion set up the event, the Marines from CSSG-3 helped keep the event going throughout the night.

"For the past three years, Hawaiian Electric was the company that supplied light throughout the night, but this year they told us last minute that they would not be able to do it this year," said John Lunning, head volunteer coordinator. "I had to call CSSG-3 and ask them if they would do it and they really came through. They really play a big part in this event."

The Marines were asked if they had enough resources in order to provide personnel and equipment for the event, said Sgt. Yorn Chesnutt, chief electrician non-commissioned officer-in-charge.

"I was asked by my gunny if we could do this," she said. "I checked to see if we had all that we would need to do this and we did. It's been going pretty good. Everyone has informed us of what it is exactly what they want and we give it to them."

The Relay for Life is an annual event where one team member of



Marines assigned to Headquarters Battalion unload tables and chairs for the American Cancer Society's Relay for Life, Saturday, at Kailua Beach Park. As Headquarters Battalion set up chairs and tables for the event, Combat Service Support Group 3 supplied power to allow it to last all night.

an eight-man team walks around a track until the following morning.

Throughout the year, the teams collect money to help support the cause in fighting cancer.

"These teams consist of people from different organizations such as private citizens, corporations, doctors, lawyers, and even military," Lunning said. "It's a great event for everybody."

Lunning, who has participated in the event every year since losing his wife to cancer two years ago, said the Marines really came together to help out for a good cause.

"The response I got when I sent out that e-mail was phenomenal," said the retired Devil Dog. "Within a couple hours after sending that e-mail out I had enough volunteers. You couldn't ask for a better group of people to support this."

For more information on the American Cancer Society, go to <http://www.cancer.org>.



Marines assigned to Headquarters Battalion help set up chairs for the relay.



Marines assigned to Headquarters Battalion help set up tables for the American Cancer Society's Relay for Life, Saturday, at Kailua Beach Park.

## BRADLEY, from A-1

father, was one of the flag raisers on Iwo Jima, and was a Sailor stationed in Hawaii, along with all his comrades who fought the Battle of Iwo Jima.

"World War II began for America in Hawaii," Bradley said. "The Pacific was the largest battlefield in all history. It was conquered by people who were stationed and trained in Hawaii. The Marines and Sailors who took Iwo Jima trained on the Big Island of Hawaii. The two volcanoes there resemble Mount Suribachi, so when they scrambled up, it was as if they had already done it before, and they had in Hawaii. I'm so proud to be here to salute the Hawaii veterans, the Hawaii heroes of the Pacific war."

The documentary serves as a salute to all Hawaii veterans, and is very personal for the crew who has been working on it. Larson has often worked 18-hour days for the past three months, but the time and effort has not gone unrewarded.

"It has been a growing process, but also very rewarding," Larson said. "The pride and patriotism the veterans share with us is amazing. A

common bond we've seen through every interview is the band of brotherhood each person has that holds them together with their brothers. The camaraderie has lasted through the years."

Larson isn't the only person involved in the project who has felt the emotional reward from being involved in such an important project. Charlie Garrett, who conducted the interviews and serves as a narrator for the documentary, said being involved in the project has been a very emotional process.

"It's difficult, sometimes, to hear the unpleasant stories from the vets and active duty," he said. "It's difficult and very emotional. It's amazing to see the duty, honor and fellowship that last through the years for service members. It's very gratifying to be part of this."

The documentary will premier at the Hale Koa Thursday, and will have it's first broadcast July 28 on KHON FOX. It will air again in November in salute of Veterans Day.

"We really feel like we're making a difference," Larson said. "Our goal is to honor our military veterans and say 'thank you' to them for all they do."



AIRSHOW, from A-1

Fallon, Nev. O’Hare said Farrow brings his extensive technical knowledge to being the air boss.

“We’re doing acrobatics at a very low level with special effects,” said the airshow director. “He has to create the Federal Aviation Administration waiver and schedule the events. It’s not part of his normal job, and we don’t blow things up on the flight line every day.”

Terry Hao, air traffic controller, GS-12, said working with him at the control tower has been helpful because of his knowledge about military regulations. As part of the crowd during the 2004 show, the air traffic controller said she was excited to see his work from the flight line.

“He brought together all sorts of interesting people in addition to the Blue Angels,” said Hao, who has worked at the tower for six years. “I liked seeing the stunt pilots and the effects.”

Farrow said just like last time, he’ll be in the air traffic control tower ensuring each performer carries out stunts safely. Each minute of the show is scripted, and Farrow said if an act runs too long or short then he’ll have to make spot decisions about what to do next. In addition to keeping crowds safe and entertained, he’ll have to stick to the requirements given by the FAA for the event.

“To be successful in the airshow business – you can’t make any mistakes,” O’Hare said. “It’s very unforgiving, and he’s still committed. A lot of people would walk away, and he doesn’t.”

Being aware of everything happening around him and “keeping his head on a swivel” will be his goals for the weekend event, said the control tower chief. Hao said she’s seen him perform excellently under stress, and she admires his integrity as a leader.

“He is a great mentor,” she said. “His subordinates see him as someone who can give definitive answers. Everyone calls him ‘The Man To Go To.’”



Christine Cabalo

Bob Farrow, control tower chief, stands next to a scale model of the flight line inside of the Air Traffic Control Tower. Farrow, a retired Navy Chief Petty Officer, is the Air Boss for the 2007 Blues on the Bay Airshow featuring the Blue Angels, Oct. 13 and 14.

Water Conservation.



It's everyone's responsibility





Lance Cpl. Chadwick deBree

An F/A-18 painted with the Marine Corps digital pattern is parked at Marine Corps Air Facility, July 11. The Hornet, belonging to the Black Knights of Marine Fighter Attack Squadron 314, stopped here before heading to Marine Corps Air Station Iwakuni, Japan, to be a part of the Unit Deployment Program.

# Squadron makes its way through Kaneohe Bay

**Lance Cpl. Chadwick deBree**  
*Press Chief*

Marine Fighter Attack Squadron 314 made a stop to Marine Corps Air Facility here before heading to Marine Corps Air Station Iwakuni, Japan, July 11.

The Miramar, Calif., squadron brought with them an F/A-18 that received a new paint job, a design that resembles the digital pattern on the Marine Corps utility uniforms.

“If you look closely at it we even incorporated the Eagle, Globe and Anchor

throughout the plane like on our cammies,” said Staff Sgt. Dustin Murphy, quality assurance representative, VMFA-314. “It was painted to emulate our colors in tribute to the Marine Corps. To my knowledge this is the first and only jet to be painted like this.”

The Hornet was first painted in April of 2004, and took approximately two weeks to paint.

“It was a lot of work, a lot of work,” Murphy said. “We had to get the design right and had to wait for the paint to dry before we could begin painting other

parts, but it turned out great.”

The aircraft has been a big hit with the squadron and all Marines alike.

“The Marines really love it,” said 1st Lt. Mike Kingen, pilot, VMFA-314. “It really represents the Marine Corps well and the squadron. The only thing wrong with it is that it’s hard to upkeep because the paint is always chipping.”

The Black Knights headed to Iwakuni in order to participate in the Unit Deployment Program where they will practice real world events and be on call if an event should happen.

PATROLS, from A-1

“We heard our area was pretty intense, and it was when we first got here but not nearly what I imagined. It's calmed down a lot since then.”

Knotts recalled his second day in Haqlaniyah when a grenade landed in the vehicle in front of him during a patrol.

“It was a pretty crazy feeling, but now I know what to expect and can deal with it a lot more,” Knotts said.

Although the tempo of hostile actions has slowed down, Knotts said he knows there's always a threat of attacks picking up any day.

“I come back after a convoy and relax and just prepare for the next patrol,” Knotts

said. “This helps me to stay alert and not become complacent. I realize I have a job as a corpsman to take care of my Marines, and keeping that in mind would keep anyone alert.”

Faraci, who deployed to Iraq in 2004, said the thought of the Marines who were killed in action during his first deployment to Iraq is what

keeps him going.

“I expected this deployment to be going just like it was in Ramadi in 2004,” Faraci said. “I thought we'd be getting attacked all the time, but all I can say is if it stays like this I will be really happy. I just want to get home to my wife and all of my Marines back to their families in one piece.”





— AROUND THE CORPS —

Suicide

3rd leading cause of death among youth

**Staff Sgt. A. C. Mink**  
*MCAS New River*

**MARINE CORPS AIR STATION NEW RIVER, N.C.** — Anyone who has ever been touched by the specter of suicide knows it's not a gesture that touches the victim alone. Leaders, family members and friends are often left with one question - why? Many wonder if there was something more that could have been done.

"A suicidal gesture or threat is a cry for help," said Navy Cmdr. Jan Carlton, Psychiatrist and the head of Mental Health for Naval Hospital Camp Lejeune, N.C. "One of the biggest mistakes a leader can make is not taking a threat seriously."

Suicide is currently the third leading cause of death for 15 to 24-year-olds and the rate of youth and young adult suicides has tripled since the 1950s, according to the National Center for Health Statistics, part of the U.S. Department of Health and Human Services Centers for Disease Control and Prevention. More than 65 percent of enlisted Marines fall in that age bracket, according to the Marine Corps' 2007 Concepts and Issues.

With the current operational tempo and multiple deployments, the media are quick to jump to the conclusion that the military has seen an increase in mental health issues and suicide.

In the military, as in other areas, during times of increased stress, the rate of suicidal threats may increase according to Carlton.

"A few of the areas in which we

see it more commonly are in those who are having trouble adjusting, those with relationship issues and people who are getting ready to retire," she said.

In most cases, there is no one clear answer why.

"I just didn't see a reason to keep on," said Irene, who attempted suicide by taking a handful of pills and chasing them with a bottle of rum when she was 15. "I don't think I really wanted to die... I just thought everyone would be better off without me."

Luckily, Irene was found by a friend who alerted the authorities and stayed with her until help arrived. Many, however, are not so lucky.

"Some people commit suicide by accident," said Leslie Slosky, intervention and treatment unit coordinator for Marine Corps Air Station New River's Marine Corps Family Service Center. She clarified, saying, "For some, it's a dramatic gesture - a cry for help - believing they'll be saved, but are successful simply because the expected help never arrives."

Carlton said some take over-the-counter medications, perhaps believing it to be less lethal, "but without receiving treatment in time, they die."

According to Carlton and Slosky, there are risk factors and warning signs. Among the risk factors are a family history of suicide, suicidal ideation, increased stress and anger. Substance abuse is a common element as well.

"Substance abuse is a huge risk

factor," said Carlton, who has been working in the mental health field in the military for 14 years. "Take someone who has suffered a personal loss, add alcohol and a gun, and the situation is potentially deadly."

Carlton said statistics may show increased suicidal gestures since the Global War on Terrorism began.

"With combat stress, we see individuals returning revved up and taking risks just for the adrenaline rush," she said. "They may feel isolated from family and friends, increased anger, or may have relationship problems blaming deployments. All are risk factors."

Both Carlton and Slosky stress that it is important people seek help and if you are a witness to a suicidal gesture, that you take the proper steps.

"Never discount someone who comes to you for help," Slosky said.

Carlton agreed. "And never perpetuate the stigma of seeking mental health."

Both agreed you should make sure the individual is not alone, and take them to a chaplain or medical.

"It's not normal. Everyone doesn't do it. For someone to even think of suicide, it tells me that they are suffering," Carlton said. "There are resources available. There is assistance available."

"Educate yourselves and others. Know what to look for, and if someone comes to you for help always take them seriously."

For more information, visit [http://www.usmc-mccs.org/perssvc/prevent/suicide\\_faq.asp](http://www.usmc-mccs.org/perssvc/prevent/suicide_faq.asp) or the U.S. Dept. of Health and Human



File photo

**Suicide is currently the third leading cause of death for 15 to 24-year-olds according to the National Center for Health Statistics.**

Services' National Strategy for Suicide Prevention <http://mental-health.samhsa.gov/suicideprevention/fivews.asp>

*Editor's Note: Some individuals mentioned in this story asked that their full name not be used in the interest of protecting their privacy.*